

The Complications of Acid Reflux

Those who suffer from Acid Reflux disease should be aware that it could be a sign that there is another issue brewing- one that could even be life threatening.

For one that suffers from acid reflux for a lifetime, it can contribute to some serious conditions. Acid comes up in the esophagus, scars and burns the walls. Food continues down this path, irritating the ulcerated surface, affecting the movement of esophageal contractions; this all adds to the problem.

Often children and infants who suffer from reflux may not actually vomit, but still, the stomach contents can move up the food pipe and spill into the windpipe into the lungs. These children can have asthma, pneumonia, and even SIDS (sudden infant death syndrome) can occur. Also of concern, children with reflux who vomit often may not grow as well as they should.

When stomach fluids reflux into the esophagus, it damages the lining. When this occurs, the body will react with inflammation in what is called Erosive Esophagitis.

When ulcers and the additional inflammation are present, it can lead to bleeding into the esophagus. In severe cases, the bleeding can lead to such things as severe anemia, requiring blood transfusions, and treatments by surgery or endoscope.

Because of the scar tissue and ulceration, there is a narrowing of the food pipe. This prevents the easy passage of food, makes swallowing difficult, and can also cause breathing problems- like shortness of breath and wheezing.

Finally, a long standing scarred and ulcerated Esophagus, constantly awash with gastric acid reflux, often causes a change for the worse, in the nature of the cells lining the Esophageal wall. These cells then become pre-cancerous, and finally cancerous. This condition is referred to as Barrett's esophagus, which occurs in approximately 10% of patients with Acid Reflux. Today, we find an increase in the frequency of those diagnosed with Barrett's Esophagus.

There are also a group of nerves in the lower part of the esophagus which are aggravated by the acid reflux. Sometimes them getting disturbed causes what we call heartburn. There are other people in which these nerves will disturb other nerves. These nerves will cause constriction of the airways, and cause the person to cough and get breathless.

About the Author

Is acid reflux keeping you up at night? Are you tired of watching what you eat at restaurants? Find out about a simple [cure for acid reflux](#) that can help you get rid of your stomach pain for good. Visit www.refluxrenegade.com for more info

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